

NKSPT's Arts Science and Commerce College Badnapur Dist. Jalna

PG. &UG Department Of Psychology

One Day National Workshop & FDP on

“ Techniques of Stress Management In Daily Life”

Organized By

on Dated 23 Spet 2022

Workshop and Faculty Development Report

21st century is known as the century of stress. We experience the side effects of this warp in our daily life. Right now the whole world has also experienced the impact of covid-19 on human life. All levels of humans and non-human animals in the world were affected by the covid-19 pandemic. Everyone from children to old people living in the society has to face various psychological problems. Many challenges such as interpersonal communication, interpersonal relationship, family conflict, business loss, academic and school life problems of students, problems of practical knowledge generation of college students had to be overcome. Due to this, people from all walks of life are experiencing the problem of mental imbalance. As we all know the side effects of high levels of stress, our personal life gets completely disrupted. Due to the high level of stress, we experience numerous psycho-physical symptoms such as loss of concentration, irritability, depression, lack of sleep, loss of appetite, headache, palpitation in the chest, office and administrative employees also experience a decrease in the level of motivation and work control. A one-day national workshop on stress management techniques was organized by the Department of Psychology in view of the importance of stress management in daily life.

10x5ft_Backdrop

Nirmal Krida and Samaj Prabodhan Trust's
ARTS, SCIENCE & COMMERCE COLLEGE
Pathrikar Campus, Badnapur Dist. Jalna
NAAC Re-Accredited 'B' Grade | Dr.B.A.M.U. Audited 'A' Grade | Recognized by UGC 2(F) & 12(B)

ONE DAY NATIONAL WORKSHOP & FDP on
Techniques of Stress Management in Daily Life
▼▼▼▼▼▼▼ 23rd September 2022 ▼▼▼▼▼▼▼

✧ Organized by ✧
DEPARTMENT OF PSYCHOLOGY
NKSPT's Arts, Science and Commerce College,
Pathrikar Campus, Badnapur Dist. Jalna

✧ In Collaboration with ✧
**Indian Association of Health, Research and Welfare
& The International Journal of Indian Psychology**

✧ Inaugurated By ✧

Dr. Dattabhai Pathrikar Chief Trustee	Dr. Kishor Shitole M.C. Member, Dr.B.A.M.U. A'bad	Dr. Devesh Pathrikar Managing Director	Dr. Mrs. M. D. Pathrikar Principal & Secretary
Dr. Bharat Mimrot Head, Dept. of Psychology	Dr. Shaikh S. S. Director, Physical Edu. & Sports	Dr. S. K. Nandedkar Chief Speaker	Mr. Vishal Nagdeve Clinical Psychologist

✧ Convener ✧



Introduce by Dr. Hajare



Inaugural Function

The workshop was organized under the faculty development program on behalf of the college administration. This workshop was organized in association with Indian Association Research and Welfare and International Journal of Indian Psychology. The chief guest of the workshop was Dr. Kishore Shitole, the Inaugural guest chief Trustee of Institute Dr. Dattabhau

Pathrikar, Managing Director of the Institute Dr. Deveshji Pathrikar, Our guide Principal Dr. M.D. Pathrikar Madam, Chief Speaker Dr. S.K Nandedkar, Clinical Psychologist Vishal Nagdeve etc. were present.



Welcome Programme



Welcome program

On the occasion of the inauguration, Dr. Deveshji Pathrikar convinced the people of the rural areas of the importance of higher and advanced education and guided them about stress-free living for the awareness of psychological problems and better mental health. He challenged everyone to take advantage of the college facilities by providing information about the development of the college and various educational activities of the college. Managing stress is

the need of the current era. On this occasion, Dr. Deveshji Pathrikar expressed the opinion that if the young students remain stress-free, their academic achievement will also increase and they can turn to high-quality Occupational careers.



Speech on stress management



Speech on Educational facilities: Dr.Devesh Pathrikar

Dr. Dattabhau Pathrikar gave a correlative speech on the topic that mental health is essential along with physical health. On this occasion, Sir gave a Gurumantra to lead a long-term

healthy life by convincing the importance of meditation yoga and regular exercise that there is a close relationship between physical sports and health.



Speech on Physical and Mental Health: Dr. Dattabhau Pathrikar

A better society can be created if we change ourselves using psychological techniques. Quality education can be provided to students from that better society. Stress on the human mind can be reduced through interpersonal communication by exploring the various inner parts of the human mind. Dr. Shitole asserted that if one spends time in cultivating human relations and directly establishing human-to-human relations, than spending more time on mobile, it will be easy to achieve one's own social and emotional development.



Speech on Interpersonal Relation: Dr. Shitole sir



Dr. Shitole sir talk on Stress and behavior

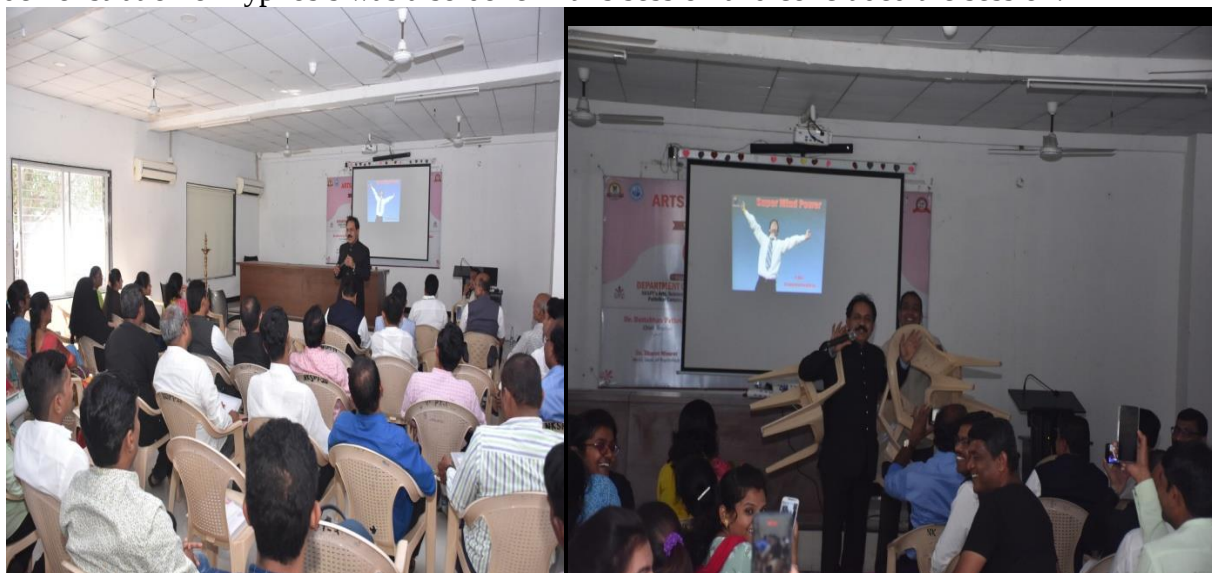
The workshop was conducted in two sessions. In the first session, clinical psychologist Vishal Nagdeve gave scientific information about various techniques of stress. Meditation and relaxation techniques were explained and demonstrated. In this session, a live demonstration was given on how to overcome tension in daily life.



Clinical Psychologist Vishal Nagdeve

In the second session after the afternoon lunch session, SK Nandedkar explained various methods of stress reduction through hypnosis. At this time he expressed the opinion that through hypnosis one can easily win stressors by explaining various methods of hypnosis. A live

demonstration of hypnosis was also done in this session and concluded the session.



Dr. S.K Nandedkar: Hypnosis Demo

As the organizer of the one-day national workshop, Head of the Department of Psychology in the proposal. Dr. Bharat Mimrot explained the purpose behind organizing the workshop. However, how to apply the daily techniques of stress management directly in life, every person should be aware of the stress management, he asserted that if the stress is properly managed, the quality of life will increase.



Dr. Bharat Mimrot Speech

In the concluding session of the workshop, Principal Dr M.D Pathrikar Madam explained important tips on women's health. On this occasion, Madam expressed the opinion that if the women in the rural areas remain mentally capable, it will be possible to pay attention to the overall development of the children along with the development of the family.



Departmental Visit By Dr. Shitol Sir with Dr. Shaikh S.S

Director of Physical Education and Sports Department Dr. Sheikh Sir gave valuable guidance on how to overcome tension in daily life by establishing the relationship between body and mind. At the same time, Head of Department of Physical Education Dr. Najma Khan Madam explained the importance of sports for girls and how to cultivate good psychological health Guided about this. The workshop was moderated by Dr. Rahul Hazare sir and vote of thanks was given by Prof. Srinivas Munge sir. The presence of professors, students, research students from various colleges of Maharashtra was significant for the one-day national workshop. Dr. Babasaheb Ambedkar Marathwada University, Head of Department of Psychology Dr. Aparna Ashtaputre Madam, Chairman of University BOS in Psychology Dr. Raipure Sir, Kolhapur University Board of Studies Member Dr. Arun Shinde Sir, Dr. Atul Pawar were the specially presence on the occasion.



Certificate Distribution



Group Photo with Some Participants



Vote of Thanks



Function Closed by National Anthem

DEPARTMENT OF PSYCHOLOGY

REPORT ON CAREER COUNSELING SESSION

DATE - 06 SEPTEMBER 2022

Department of Psychology organizes a special programme for all student regarding career counseling for student. Career counseling is a systematic process that helps an individual understand one's self, as well as the world of work, to choose the right career. It is the process of helping students and professionals to analyze their strengths, interests, abilities and skills. The right career choice is often an intersection of a student's interests and abilities, and industry trends. On dated 06 September 2022, Department of Psychology of organizes a career counseling programme in association with Public Administration.

- * **Objectives :-** Objectives of the programme as follows -
- * Guided students about career path.
- * Maintain sound mental status of the students in decisions about career.
- * Introduce new career paths to the student.
- * To achieve goals of career.





Since career development is a lifelong process, Career Counseling can be appropriate for anyone, including freshmen, sophomores, juniors, seniors, and even alumni. The earlier you get started making intentional decisions about your future, however, the better prepared you will be! We recommend that all freshmen come in and visit with a Career Counselor. An individual can now choose the exact career path he wants to pursue based on his personal profile and interests, due to improved quality education, awareness, technology, and the ever-increasing and varied industry requirements.

In this programme guided student about a routine and new paths of career. Faculties explores different types of opportunities to the students. In this programme different kinds of sessions has been arranged as per student interest and demand. In this programme Dr.Sudhir Dinde explain the various kinds of opportunities in different fields.

Main counseling sessions held under guidance of Dr.Bharat Mimrot, Head of the Psychology Department.



Dr. Bharat Mimrot guided students about mental steps, own interest and career opportunities in the first session.



Dr. Sudhir Dinde elaborated about various opportunities regarding interest of the students.



Students actively participated in the second session and asking various questions regarding their interest and available opportunities. Students actively takes part in second session and they discussed about career and demanding field where more opportunities avail to humanities and other faculties.

Your career development is a lifelong process that, whether you know it or not, actually started when you were born! There are a number of factors that influence your career development, including your interests, abilities, values, personality, background, and circumstances. Career Counseling is a process that will help you to know and understand yourself and the world of work in order to make career, educational, and life decisions. Career development is more than just deciding on a major and what job you want to get when you graduate. It really is a lifelong process, meaning that throughout your life you will change, situations will change, and you will continually have to make career and life decisions. The goal of Career Counseling is to not only help you make the decisions you need to make now, but to give you the knowledge and skills you need to make future career and life decisions. All kind of

discussion and guidance executed in this programme, overall it is a full successful programme and student noted satisfaction after.

Out Comes :- Overall outcomes of this programme are as follows -

- * Help student in decision making.
- * Introduce students various new career paths.
- * Help students to figure out who you are and what you want out of your education, your career, and your life.
- * Help students to identify the factors influencing your career development, and help you assess your interests, abilities, and values.
- * Help you locate resources and sources of career information.

* Help you to determine next steps and develop a plan to achieve your goals.

* **Need** - The decision of one's career is one of the most crucial decisions of our lives.

Sometimes, students end up making this decision on the basis of inadequate knowledge, and maybe societal pressure. Such decisions may often direct them into careers that are unsuited for them, and thereby lead to stress and dissatisfaction. Therefore, it's very important to make an informed decision about one's career choices. Getting proper guidance from trained career counsellors can help us set long term career goals, and also find the pathway to achieve them.



NKSPT's

**Art's, Science and Commerce College
Badnapur, Dist. Jalana (M.S.)**

Competitive Examination Cell

2022 - 2023

Activity Report – 2022-23

1. Report of Competitive Exam Guidance

The Competitive Examination Cell conducted comparative examination guidance for the students on 23rd August 2023 this program is organized with 'The Help of Government of Maharashtra's higher education department initiative **career Katta** The professor of English Dr. Ahemad Sir Guided students in a very practical manners with example. This program is preside over by Dr. Rahul Hajare, Prof. Abrar ul haq, Prof. Santosh Fuse, Dr. Pravin Gadakh also contribute to this program this program is moderate by Dr. Devendra Deshmukh. 60 students attend the program. Dr. Rajendra Udan divisional convener Career Katta also guided students.



Prof. Ahemad Sir, deliver a lecture



Prof. Ahemad Sir, deliver a lecture

Practice Exam on Competitive Examination

The Competitive Examination cell organized Quiz at the college on 5th January 2022. Prof. Abrarullhaq, Prof Santosh Fuse Conducted this exam. Total 21 students attend the exam.



Practice Examination



Art's, Science and Commerce College Badnapur, Dist. Jalana (M.S.)

Attendance

Competitive Examination Cell

Sr No.	Students Name	Signature	Mobile No.
	Shradha mahajan		9372989520
	Puja Magare		9665107976
	Nikita Magare		8010976588
	Aakash magare		9309951010
	Jay Londhe		9423731304
	Om Lingayat		7821004722
	अभिषेक मीसा		9834453296
	Satish Chane		8010071951
	Rohit Kotgiar		8793909471
	Gaurav Kharpe		8830867733
	Pallavi kharat		9823465003
	Archana Khaldt		9284343586
	Abhishek Khosla		9370978781
	Shreyu Khandekar		9970945340
	Rehan Khan		8021803801
	Muhammad Khan		8999387905
	Muhammad Khan		9970104270

Shahid
Dr. Shahid Siddiqui